

ABSTRACT

An exercise device for use in performing a variety of physical exercises includes a low impact cushioned, resilient surface in association with a fixed structure, positioned adjacent thereto. A resistive element having a first end and a second end is coupled to the fixed structure by its first end. A harness is coupled to the second end of the resistive element. The harness provides a structure for restraining the user in a preselected position atop the resilient surface and for applying selective resistive forces to the user during an exercising session performed on the resilient surface.

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